



## DEPARTMENT OF THE NAVY

NAVY RECRUITING DISTRICT OHIO  
P.O. BOX 3990  
COLUMBUS, OHIO 43218-3990

Canc frp: FEB 15

NAVCRUITDISTOHIONOTE 5050  
00

**11 FEB 2015**

### NAVCRUITDISTOHIO NOTICE 5050

From: Commanding Officer, Navy Recruiting District Ohio

Subj: FEBRUARY MOCK PHYSICAL FITNESS ASSESSMENT (PFA) AND  
ASSISTANT COMMAND FITNESS LEADER (ACFL) TRAINING

Ref: (a) Command Fitness and Fitness Enhancement Program (FEP)  
Guide (2011)  
(b) NAVCRUITDISTOHIOINST 6110.1N

1. Per references (a) and (b), Navy Recruiting District Ohio's monthly mock PFA will be held at 1100, on 26 February 2015 for all personnel on the Fitness Enhancement Program (FEP). Training for ACFLs will be held prior to this event at NRD Ohio Headquarters training classroom at 1000.

a. The mock PFA shall consist of a mock Body Composition Assessment (BCA) and a mock Physical Readiness Test (PRT) to be performed under the supervision of the Command Fitness Leader (CFL) and/or the Assistant Command Fitness Leader (ACFL) for each division. All personnel on the Fitness Enhancement Program (FEP) shall participate.

b. Any member who fails the mock BCA portion of the PFA shall not participate in the mock PRT.

c. Every member must have a current Physical Health Assessment (PHA) to participate in the mock PRT. The mock BCA is still required.

d. The results of the mock PFA shall be documented on the Monthly Mock PFA Log found in reference (b). All measurements and scores are unofficial and are to be used for courtesy purposes only in assessing each member's progress on FEP.

2. Mock PFA time and location: Columbus DSCC gym at 1100, all FEP Personnel.

NAVCRUITDISTOHIONOTE 5050  
11 FEB 2015

3. Alternative cardio options (i.e. bike, elliptical, swim) are authorized for all mock PFA participants. In the event of inclement weather, members who would normally choose to participate in the run shall choose an alternative cardio option.

4. Any member unable to complete the Mock PFA on the scheduled date must perform the make-up event on 2 March 2015 at the above listed time and location.

5. All ACFLs shall arrive at 1000 at NRD Ohio Headquarters for training. Physical Readiness Program training will be conducted in the training room by the CFL.



ERIC A. SHAFER

Distribution:  
Electronic only, via  
<http://www.cnrc.navy.mil/Ohio/Latest-Info.htm>